



1-800-QUIT-NOW

The average smoker spends about \$150 a month on cigarettes. That's almost \$2,000 a year!

If you're tired of paying the price of smoking, Kansas Tobacco Quitline counselors are ready to help you quit. A counselor will work with you during one-on-one phone calls to create your plan to quit, help you find strategies that work to combat cravings and keep you on track to becoming tobacco free. Call 1-800-QUIT-NOW.

KanQuit!
1-800-QUIT-NOW (784-8669)
KANSAS TOBACCO USE PREVENTION PROGRAM

